

Physicians Have Extensive Education in Musculoskeletal Medicine

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Editorial

Sports medicine may be a branch of drugs that deals with fitness and therefore the treatment and prevention of injuries associated with sports and exercise. Although most sports teams have employed team physicians for several years, it's only since the late 20th century that medicine has emerged as a definite field of health care. In some countries, medicine (or Sport and Exercise medicine) may be a recognized medicine (with similar training and standards to other medical specialties), whereas in other countries it's an interest area but not an actual specialty.

Sports medicine can ask the precise medicine or subspecialty of Sports Medicines. Sport and Exercise Medicine (SEM), which is now well established in many countries. It can broadly also ask doctors and other paramedical practitioners who add a more broad setting. The varied medicine experts often work together as a team to make sure the simplest recovery plan for the individual. Team members can include orthopedic surgeons, certified athletic trainers, sports physical therapists, physical medicine and rehabilitation specialists, also as specialty SEM physicians

Specializing within the treatment of athletes and other physically active individuals, sports and exercise medicine (SEM) physicians have extensive education in musculoskeletal medicine. SEM doctors treat injuries like muscle, ligament, tendon and bone problems, but can also treat chronic illnesses which will affect physical performance, like asthma and diabetes. SEM doctors also advise on managing and preventing injuries.

SEM consultants also deliver clinical physical activity interventions, negating the burden of disease directly due to physical inactivity and therefore the compelling evidence for the effectiveness of exercise within the primary, secondary and tertiary prevention of disease.

Establishment as a medicine

Sports (and Exercise) Medicine (SEM) is now a recognized medicine in over 30 countries worldwide, and a recognized subspecialty in many others.

The Italian version of this page *Medicina dello sport* states that medicine societies were first established in Switzerland (1922) followed by: Germany (1924), France (1929) and Italy (1929) (Italian medicine Federation). Medicine was established as a specialty in Italy, the primary country to try to do so in 1958. the ecu Union of Medical Specialists has defined necessary training requirements for the establishment of the specialty of medicine during a given European country it's a goal of the ecu Federation of medicine Associations to eventually establish medicine as a specialty altogether European countries.

In Australia and New Zealand, Sport and Exercise Medicine may be a stand-alone medicine, with the Australasian College of Sport and Exercise Physicians being one among Australia's 15 recognized medicine Colleges. An anomaly with reference to (medical) specialty recognition of SEM is that it's not yet occurred in a number of the countries with very strong pedigrees in academic publication within the medicine field, including Sweden, Norway and South Africa. Medicine is merely a subspecialty field instead of stand-alone specialty within the USA and Canada. All of those countries have very strong research publication records within the SEM field.

Common sports injuries

Common sports injuries which will end in seeing a medicine specialist are knee and shoulder injuries, fractures, ankle sprains, concussions, cartilage injuries, and more. A medicine specialist also can be seen for advice in other areas of health, like nutrition, exercise, supplements, and the way to stop injuries before they occur. A medicine specialist works to assist make the performance of the athlete more advanced, also as ensuring their safety while performing the activity.

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